GLSS November Regular Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Omelet (490) Trky Sausage(280) Polenta (60) Green Beans (5) Fruit Loaf (170) Canned Fruit (5)	**3** Fish (270) Sweet Potato (55) Warm Bread Pudding (190) WW Bread (165) Coleslaw (15)	**4** Chicken Noodle Casserole*(705) Mixed Veg (55) WW Roll (240) Mandarins (10)	**5 Cold**: Ham & Cheese*(530) Garden Salad(35) Red Beans (215) LS Bread (130) Fresh Fruit (5)	**6** Beef, Peppers & Onions (245) Rice&Beans (75) Tortilla (170) Pudding & Blueberries (70)
Cal 845 Pro 35 Na 1170	Cal 920 Pro 35 Na 855	Cal 740 Pro 40 Na 1165	Cal 760 Pro 40 Na 1035	Cal 650 Pro 35 Na 700
9 Pasta Fagioli (430) Peas&Onions (35) Dinner Roll (260) Gelatin (15)	**10** Chicken Piccata*(520) Risotto (110) Green Beans (5) Oat Bread (150) Pineapple (5)	**11** **No Meals** **Veteran's Day**	**12** Ground Beef & Gravy (110) Corn (5) Mashd potato(25) Biscuit (280) Cake (175)	**13** Dijon Pork (465) Swt Potato (25) B.Sprouts (15) Applesauce (15) MG Bread (150)
Cal 685 Pro 35 Na 1005	Cal 705 Pro 35 Na 945		Cal 755 Pro 40 Na 750	Cal 775 Pro 45 Na 830
16 Chicken & Black Beans*(650) Rice (5) MG Bread (150) Pudding (190)	**17**Beef/turkey Meatloaf & Gravy (210) Mshd Potato (25) Mixed Veg (55) Bread (180) Applesauce(15)	**18** Ham/Chicken Casserole*(710) Couscous (5) Green Beans (5) Fresh Fruit (5) WW Roll (260)	**19 Special:** Turkey & Stuffing**(850) Mshd Potato (25) Butternut (15) Pie (265) Roll (120)	**20** Stuffed Shells &Marinara*(570) Capri Veg (20) Oat Bread (150) Mandarins (10)
Cal 760 Pro 35 Na 1155	Cal 730 Pro 95 Na 640	Cal 830 Pro 45 Na 1140	Cal 840 Pro 35 Na 1430	Cal 590 Pro 30 Na 1015
23 Beef & (385) Vegetable Stew Mashed potato(25) Cornbread (180) Fruit (5)	**24** Breaded Fish (270) Sweet Potato (25) Cauliflower(135) WW Bun (250) Yogurt(75), Juice	**25** Beef and pork Hot Dog**(540) Bked Beans (265) Pears (5) Coleslaw (15) Roll (270)	**26** **Happy** **Thanksgiving** **No Meals** **Delivered**	**27** Beef/turkey Meatloaf/gravy (210) Carrots(40) Mashed potato(25) Roll(240) Fruit(5) *** ____
Cal 815 Pro 35 Na 720	Cal 780 Pro 30 Na 995	Cal 890 Pro 30 Na 1360		Cal 800 Pro 35 Na 744
30 Broccoli Cheese Chicken (460) Mashed Potato(25) Beets (140) WW Roll (260) Cookie (65)	Total Calories, Protein And Sodium Include: Entrée, Sides, Dessert, Fruit, Bread, Milk & Margarine. Sodium (Na): Milligrams in Parenthesis. * Higher Sodium Item(>500mg) **Higher sodium meal(>1200mg) **Menu Subject to Change Without Notice** **Please call 781-586-8692 if you need to cancel your meal.** *** **Meal for November 27 will need to be heated.**			
Cal 740 Pro 30 Na 1110				

A $2.00 confidential donation is suggested per meal.